

POST NATAL CARE

Duration : 120 mts - 150 mts

Transportation cost based on location

Free doctor advise

MOTHER AND BABY CARE

7 days : 4500AED

14 days : 8500AED

21 days: 12000 AED

MOTHER CARE:

- 1. Head massage with Ayurvedic medicated oil**
- 2. Thalam**
- 3. Face massage and Ayurvedic Face pack**
- 4. Full body massage/ Abhyanga**
- 5. Hot Compress/ Kizhi (neck shoulder lower back knee)**
- 6. Ayurvedic Full body mask/pack**
- 7. Vaginal (triphala) sitz bath :10 mt**
- 8. Ayurvedic Herbal Bath(Vedhukuli)**
- 9. Abdominal Binding**
- 10 Herbal medicine and Soup for Abdominal healing and lactation prescribed by Ayurvedic Parctitioner. :**

BABY CARE

Baby massage with specially prepared baby oil

Baby bath with herbs